## That's it! Clean and— -Free from Dust

Sealed Packets Only . Never in Bulk Black-Mixed-Natural Green



The word ptomaine, which is taken from the Greek, signifies "from a dead body." Food of nitrogenous charges spoonful of lard into the frying-pan, acter develops bacteria very quickly and when it begins to heat sprinkle it when exposed to the air in a warm temperature. It is important that, in hot weather, the utmost care be exposed to the utmost care be used to the utmost care because the

Make the most of the sea-

son's fruit crop. Use only

Lantic

Sugar

"Pure and Uncolored"

The best preserving sugar on

account of its high sweetening power and "FINE" granulation

2 and 5-lb 10, 20 and 100-lb

Ask your Grocer for

LANTIC SUGAR

DUDDING

At the evening wire along the content of the property of the property

Pins, scissors and lead-pencils are important parts of household machinery. Every housekeeper's main workshop, the kitchen, should be supplied with these small implements. There is a right and a wrong way to do everything, even to the frying of an egg," declares a wise man. For

make his way from the sewer with the cheated figure across his shoulder.

In the chase through the sewer Kelly's assistants had been separated from their leader, and they were seated in his apartments when he reached home with his human load still safe in his grasp. He threw the cloaked figure into a chair, and ordered one of his men to snap handcuffs upon the dainty whit wrists.

Then Kelly sat down to regain his breath. He contemplated his assistants with a look of superiority. His manner clearly indicated his self-satisfaction.

"We did not get any jewels or paintings, boys," cried the Sphinx, but here is the leader of the gang." The great detective reached over to the lithe and graceful form as it sat list-lessly in a roomy armchair and started to remove the cloak that covered the figure's head and upper body,

And in that instant Kelly received the greatest shock in his career as Europe's most famous and fearless detective,

(To be centinued.)

(To be centinued.)





grain, or medium, or fine as you may select.

Order the big bag-100 lbs. full weight of the best sugar made and avoid frequent trips to the store.

Sold also in many other sizes and styles of packages.

St. Lawrence Sugar Refineries Limited, Montreal.





no danger of getting "seconds" when you buy Redpath in the original Cartons or Bags.

"Let Redpath Sweeten it."



cheaper than leather.

When you go out in the evening, wear "Fleet Foot" White Shoes. There are plenty of different styles and shapes, for every occasion, day as well as evening and they are far less expensive than leather boots.

Next time you go to town, be sure to see the "Fleet Foot" Shoes for summer wear.



LAKESIDE





## **NEWS FROM ENGLAND**

NEWS BY MAIL ABOUT JOHN BULL AND HIS PEOPLE

Occurrences in the Land That Reigns Supreme in the Commercial World.

The Government is now considering proposals to establish a Ministry of Health. The Dorset Guild Workers have

nt 300 fishing rods to the troops in Mesopotamia. The leather and allied trades have raised £12,285 for the Union Jack

Establishments under Government ontrol in Ireland are now employing

bout 35,000 people.
The Hammersmith Borough Council has made a profit of £244 in a year by collecting waste paper.
Two hundred boys of the Mayford

School are to encamp in South Hamp-shire to help with the fruit picking. The dustmen of Richmond, Surrey,

have been asked to report on any food waste that may come to their notice. The sum of £10,000 has been received by Cambridge University for

ne endowment of a school of Spanish. Sir Charles Sealy has received word that his son, Capt. Charles G. Sealy, is wounded and missing in Palestine. Sir John Jellicoe has received the honorary freedom of the Shipwrights' Company and was entertained at din-

sunday labor has been abolished, as far as possible, in the factories under the control of the Minister of Muni-

A magnificent motor car has been given to the St. Dunstan's bazaar for blinded soldiers by the Diamler Com-

A bench of magistrates at Cowes, Isle of Wight, fined Dr. Herbert Fisher £2 for being absent from mili-

tary duty.
Three hundred thousand spare razors have been collected and renovated the Cutlers' Company for the use

f the troops.

Major J. C. X. McKenna, who before the war, was on the staff of the Daily Mirror, has died in France of pneumonia.

The revenue of the Manchester tramways was nearly £1,000,000 last year and over 200 millions of passengers were carried.

Tame rabbits are now being used or food in England, and are selling in Hitchin market for six shillings and inepence each.

A motion was unanimously adopted

by the Imperial Conference that India should be fully represented at all fu-

THE SUBMARINE PROBLEM.

Latest U-Boats Fast Enough to Overtake Cargo Boats. The Germans have about 325 sub-

marines in operation and about 80 to 100 have been lost through British nets alone, according to a Dutch writer who had an interview with a member of the crew of the submarine U-58. This is the submarine which sank the Dutch grain ships in February. It is commanded by Capt. Count Von Plaetau.
. When at sea the submarines as-

semble at a given point every morning and receive wireless instructions, presumably from Heligoland. There are about 39 U-boats of the newest type, each carrying a crew of 56 men, and this fleet is supplemented by a secondary squadron marked with a "C."

The first-class boats have a speed calculated as sufficient to overtake any cargo boat. Two-thirds of their crews are experienced and one-third novices. The boats carry a fort-night's stores, and have a maximum period of submergence of from eight to ten hours. Each is equipped with

Here is an excellent recipe for salad dressing — Mix 3 tablespoon-fuls sugar, 1 tablespoonful mustard, 1 teaspoonful salt, a speck red pepper, and 1 tablespoonful flour; add two well beaten cggs and ½ cup vinegar; stir in double beiler until thick; re-move from fire and add 3 tablespoon-fuls butter; cool, keep in sealed glass jar; thin quantity needed with sour or sweet cream.

To wash blankets: Put a pint of household ammonia and a pint of warm water in a tub, lay the blanket in and pour a little warm water over it—just enough to wet the top folds. To wash blankets: Put a pint Cover closely and allow the blanket to stand for a few moments, that the fumes arising from the ammonia may loosen the dirt, then wash and dry it in the ordinary way, in water of the same temperature as the first used. Pass the blanket lightly through the

wringer and hang it out to dry, The ordinary cooking of any kind of "greens" renders them a tasteless stew in comparison to cooking them in stew in comparison to cooking them in their own juices. To do this, wash them thoroughly, shake the water from the leaves, put them into a tightly covered pot, and place over a slow Are. The juice in the stems and the leaves is sufficient to cook them without burning if the fire is low, especially at first. The flavor is greatly improved. The tender young plants which we pull up when thingle the state of the cooking the cooking the cooking the state of the cooking plants which we pull up when thin ring out the beets, make as nice a dish of 'g.ec.s' as one could ask for.

